



## A MINUTE OF HEALTH WITH CDC

### *Stopping Strokes*

*World Stroke Day — October 29, 2010*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Strokes are the third-leading cause of death in the U.S. and among the top causes of disability. Those who survive strokes often suffer from permanent paralysis, impaired vision, and difficulty speaking or understanding.

If you think someone is having a stroke, call 9-1-1 immediately.

Risk factors for stroke include high blood pressure, high cholesterol, diabetes, and smoking. To decrease your chances of having a stroke, eat a healthy diet, including lots of fruits and vegetables, stay physically active, stop smoking, and limit alcohol consumption. Making healthy choices is the key to prevention.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*